



A member of the U.S. Navy Blue Angels aerial demonstration team gives his autograph to a military veteran during the 2003 Randolph Air Show. (Photo by Joel Martinez)

Air show showcases armed forces

Estimated 200,000 people attend two-day event

By Bob Hieronymus
Wingspread staff writer

For over 70 years Randolph Air Force Base and the community have enjoyed an excellent working relationship. This past week's Air Show 2003 demonstrated once again that mutual support and respect.

An estimated 200,000 people flooded the base on Saturday and Sunday for the year's biggest air power demonstration. Over 40 static aircraft displays thrilled people of all ages. Then there were all the food stands, merchandise and entertainment booths to suit every taste.

"As far as I am concerned, what made it such a top notch experience was the outstanding support from all the people who worked so hard to make our guests feel welcome," said Col. Mark Graper, 12th Flying Training Wing commander. "From first set up to final tear down, the show demonstrated the superb planning and execution by the entire air show team and the hundreds of volunteers."

Event organizers said everything flowed well and weather forecasts of rain never slowed the pace of activities. "Over all, the show went off without a hitch," said, Lt. Col. Todd White, the air show

chairman. "The performers were outstanding and everyone seemed pleased with the results."

The Navy's Blue Angels and the Army's Golden Knights drew the lion's share of the pre-show publicity, and rewarded the crowd with flawless demonstrations of precision and flair. The crowd was also amazed by the solo performances of combat and training aircraft, including low passes by a B-52 and an F-117. The Commemorative Air Force presented their re-enactment of the attack on Pearl Harbor with their "Tora! Tora! Tora" program with intricate aerial maneuvers and pyrotechnics.

And then there were the little biplanes that soared and danced through the sky against the backdrop of billowing clouds.

"The program not only showcased our aeronautical heritage, it also featured the magnificent equipment and professional skills represented in today's armed forces," said Colonel Graper. "That's the image I hoped we could present to our community, and we did that well. The feedback I received confirmed that. We can all take pride in what we do as professional military people and as members of Team Randolph. Thank you for your hard work."

View from the top

AETC commander extends Veterans' Day salute

By Gen. Don Cook
Air Education and Training Command commander

Throughout the course of our country's history, countless men and women have dedicated their lives to ensure every American citizen has the right to life, liberty and the pursuit of happiness.

These soldiers, airmen, sailors and Marines embodied the motto of service before self and proved their devotion to their country time and again.

From America's war for independence to today's war on terrorism, members of the United States military have defended and will continue to defend our fundamental rights. They have given their time, their heart and, in many cases, their lives so all Americans can live free of tyranny. I am proud to count all the members of Air Education and Training Command among those following in their footsteps.

This year on Veterans' Day, we honor their noble sacrifices and re-dedicate our efforts to preserve peace and enduring freedom in the wake of the challenges and threats of the 21st century.

As our soldiers, sailors, airmen and Marines deploy around the

"These soldiers, airmen, sailors and Marines embodied the motto of service before self and proved their devotion to their country time and again."



Gen. Don Cook
Air Education and Training Command commander

world engaging in the fight against terrorism, those who served before them remain a constant inspiration. They serve as a reminder of the ideals our military lives by and the ideals we have sworn to protect. It is so simple a phrase — Duty, Honor, Country — but it means so much, to so many throughout our country's history.

On Nov. 11, let us pause to honor the men and women who served and those who continue to serve our United States. To those veterans, past and present, I salute you.

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Intramural flag football
AFPC blanks 562nd FTS 40-0 – [Page 30](#)

Wing training timeline

As of Wednesday

Pilot Instructor Training

Squadron	Senior Class	Overall
99th FTS	0.0	3.0
558th FTS	-0.6	-5.0
559th FTS	-11.8	-2.9
560th FTS	-1.4	-2.4

Numbers reflect days ahead or behind for senior pilot instructor training class and an average for all PIT classes currently in training.

Navigator, EWO training

562nd FTS	563rd FTS
Air Force 237	Undergraduate 53
Navy 77	International 0
International 2	EWC Course 5
	Fundamentals 0

Numbers reflect students currently in training. The 562nd shows source of navigator students. Air Force students include Air Force Reserve and Air National Guard. The 563rd indicates students in specific courses.

Wing Sortie Scoreboard			
Aircraft	Required	Flown	Annual Required
T-1A	358	451	4,040
T-6A	894	1002	9,103
T-37B	769	926	7,171
T-38A	762	974	5,674
T-43A	117	116	1,160

Numbers reflect the required and flown missions as of Wednesday, and the required missions for fiscal 04.

Weekend weather

Day	Forecast	High	Low
Today		65	55
Saturday		65	55
Sunday		72	58

Commander gives praise for air show success

By Col. Mark Graper
12th Flying Training Wing commander

Congratulations air show team — you have shown why Randolph really is the “Showplace of the Air Force!” Your superb execution of last weekend’s air show was the perfect kick-off for San Antonio’s observance of Celebrate America’s Military Week. Thank you for all your hard work. The leadership of Lt. Col. Todd White, director of our 2003 air show, set the tone for an extremely professional event. Meticulous planning, organization and execution led to what many have described as San Antonio’s “best ever”



Commander’s Action Line

Call 652-5149 or e-mail randolph.actionline@randolph.af.mil

While our goal is to provide the best programs, products and services to our customers, there will be instances when people believe we could have served them better. In those cases, I ask the individual to first contact the responsible organization to allow the unit commander or manager an opportunity to ensure professional and impartial treatment. When those officials are unable to provide

military air show. Moreover, the “can do” spirit and teamwork displayed by the operations, logistics, support and medical groups and wing staff agencies throughout the air show process was simply incredible. Amidst a whole day of world-class aerial events, our very own 12th Flying Training Wing composite formation fly over, T-6 demo team performance and 15-ship T-37 fly by made the home team crowd very proud. I am also grateful for the support we received from the Randolph associate units, other military organizations throughout the local area and from our great community partners. Without your hard work and generosity we would

not have been able to put on a first class show — thank you! In addition to serving as the official start of Celebrate America’s Military Week, the air show also served as a fitting tribute to all of those we honor this Veterans’ Day. The many historical ground exhibits, vintage aircraft on static display and inspiring Warbird aerial demonstrations, provided our 200,000 air show guests a vivid depiction of the patriotism, valor and sacrifice of all veterans. We must always remember the brave men and women who came before us and honor them not just on Veterans’ Day but every day for their stewardship and legacy they have entrusted to us. Well done team!

satisfaction, the individual may contact me through the Action Line. I will ensure each Action Line call is looked into and a reply is given by telephone or in writing. I ask callers to include their name and telephone number so we may send a personal response.

Col. Mark Graper
12th Flying Training Wing commander

Agency contact numbers			
Security Forces	652-5509	12th FTW IG	652-2727
Services	652-5971	Equal Opportunity	652-4376
Civil Engineers	652-2401	FW&A Hotline	652-3665
Transportation	652-4314	EEO Complaints	652-3749
Military Pay	652-1851	Randolph Clinic	652-2933
Civilian Pay	652-6480	Base Exchange	674-8917
Safety Office	652-2224	Commissary	652-5102
Housing	652-1856	Straight Talk	652-7469

(Commander’s note: we do not have any Action Lines for publication this week. However, we often receive questions about programs and regulations through other channels than the Action Line. The following is one of those questions.)

Pedestrians have right of way

Question: I park across the street from my office building and exercise caution every day by using the marked crosswalks to get across the street. However, I’ve noticed that first thing in the morning and at the end of the workday, even if I use the crosswalks, I stand there forever waiting for vehicles to stop. Don’t pedestrians have the right-of-way in crosswalks on base?

Answer: You are correct. Pedestrians do have the right of way in marked crosswalks and vehicles should yield. Safety should be a number one priority. However, we do encourage all pedestrians to take extra caution when crossing the street. It’s suggested that you make eye contact with the driver to ensure that he or she sees you. Allow the driver to come to a complete stop before proceeding into the street. Also, only cross the street at designated locations. Drivers should also remain alert in crosswalk areas, particularly by the schools. Whenever the caution lights are flashing on the ground look both ways before proceeding across the walk area. Never take safety for granted and we’ll all stay safe.

Military spouse boasts about being a ‘super hero’s’ wife

By Ali Leone
Carolina Flyer contributing writer

POPE AIR FORCE BASE, N.C. — I am blessed to be part of an elite group. You see, I am married to a super hero. He’s not a super star, rock star or even a politician — not that I would necessarily brag about that. He’s not even rich. But he is even better than all of those things combined — he is a member of the U.S. armed forces. Until recently, I viewed my husband only as a wonderful partner and outstanding father. And as the “annoying one” who left a mess for me to clean up and sounds like he is sawing logs in his sleep. But while talking to my best friend’s son, Seth, on the phone last night, I began to see him in a new light. I asked Seth what he was going to be for Halloween and he told me a super hero. I laughed and asked him which one. He sighed heavily into the phone and said, “Well, of course, I am going to be a military soldier.” Having never met him, I told Seth that my husband was in the military. He got really excited and asked, “You’re married to a super hero? You’re a super hero’s wife?” I was somewhat surprised by his hero worship of the military, but then began to realize he wasn’t alone in his thinking. In those rare, but free moments, I enjoy chatting on the computer. Since my husband is the primary king of this

domain, I bear his nickname each time I log on. He chose his military rank as his username. It never fails that each time I log in and begin to chat, someone will ask me if I am a “real” servicemember. I explain to them that I am married to a servicemember, and I am a former soldier as well. The response is always the same, “Thank you and God bless.” It then carries into a conversation about all the great men and women who serve our country, and how much they appreciate those who sacrifice so much for others whose names they don’t even know. Sometimes, I will run across a former servicemember or family member, who, like me, is proud of having served this great nation. They will often share their own experiences. I thrive on these conversations because they offer me support and hope for the future. Being a military spouse is unique to other marriages. It can be more stressful and heart wrenching than most. We don’t see our spouses off to work, coat and briefcase in hand. We send them off to perfect their skills, train to defend and prepare for war. All the while, knowing that at any moment they may be called upon to act in defense of our country. We deal with ever-changing schedules, constant moves, new schools, new homes and finding new jobs each time the family relocates. Then there are the training exercises,

schools and deployments that take our spouses away for months on end. Sometimes we know when they are coming home; sometimes we don’t. We hold down the home front while they are gone, keeping spirits up for our children and our spouses. And we pray. Because that’s what the spouse of a super hero does. Our super heroes do these things without fail, day in and day out — aches, pains, complaints and personal dreams set aside. They don’t do it for the money or the fame; they do it out of selflessness and honor. Their love of this country runs deeper than most can fathom. Their willingness to put their lives on the line for the protection of our nation flows through their blood. As you can see, they sacrifice so much, and for that I take my newly bestowed title of “Super Hero Wife” very seriously. Before hanging up the phone with my friend’s son, I asked him why he thought military members were super heroes. His response was simple, but true: They are super heroes because they will give up their lives so that others might live better. He told me that when he grew up, he was going to be in the military because he watched them on the news and knows that we are all safe, because the military defends us from all the bad guys. I, of course, agreed — but I might be a little biased. After all, I am “Super Hero Wife.” (Courtesy of Air Force Print News)

Congratulations Retirees

Today

Air Force Personnel Center

Master Sgt. John Moura

Air Education and Training Command

Senior Master Sgt. Alan Reynolds

Retirement announcements should be submitted to the Wingspread office by Friday at noon two weeks prior to the desired date of publication. E-mail announcements to randolph.retiree.messages@randolph.af.mil or fax them to 652-5412. For more information, call the Wingspread office at 652-5760.

WINGSREAD

Randolph Air Force Base, Texas

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Wingspread Editorial Staff

12th Flying Training Wing

Col. Mark Graper
Col. George Duda
Capt. Paul Villagran
Ralph Monson
Tech. Sgt. Angelique Battle
Senior Airman Lindsey Maurice
Airman 1st Class Chad Tarpley

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Prime Time Military Newspapers Contract Staff

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Bob Hieronymus
Patrick Campbell

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ABCs: Three letters represent code for Air Force members’ actions, appearance, perceptions

By Tech. Sgt. Matthew Frickey
729th Air Control Squadron

HILL AIR FORCE BASE, Utah — When I hear the letters “ABC,” Sesame Street, kindergarten or some other fundamental learning tool of my youth comes to mind.

These letters are not always used in an alphabetic sense — in the military they can also stand for attitude, behavior and conduct. As adults in the Air Force, these letters should be used as a code for our actions, appearance and perceptions.

Several years ago when tennis star Andre Agassi was pitching cameras, he drove home the message that “Attitude is everything.” It certainly is.

Attitude is the first element of the ABCs. Besides personal dress and appearance, it is the key to making a great first impression. Attitude can be either positive or negative.

Attitude is projected in degrees. Unfortunately, there are days when your car breaks down, the alarm doesn’t ring or your spouse is screaming; these are the days when your attitude can be negative.

We may not like it, but presenting a negative attitude renders an improper military image and can damage our professional demeanor. This is where self-discipline and control help us deal with our attitude.

Either we become aware of our negative attitude or some outside source shows us the error of our ways. This should be a moment of self-realization where we take control and get rid of it.

“Airmen who positively follow their ABCs will likely receive better feedback and enlisted performance reports and see their names put on quarterly packages. Airmen who fail to follow these fundamentals will ultimately feel the drawbacks.”

If you have trouble getting rid of this negative attitude, you should solicit the help of a supervisor or use the chain of command where appropriate. In any case, a bad attitude is infectious; it can spoil the manner of younger, impressionable airmen.

Attitude is the easiest part of the ABCs to reciprocate, while behavior is more difficult.

A person with a bad attitude will let you know within several minutes of conversation. Behavior, on the other hand, is more elusive and a lot of times it is not until someone demonstrates bad behavior that we are able to identify a problem.

Writing bad checks, drinking and driving, lying and cheating on promotion tests are all examples of bad behavior. These acts are controllable by using self-discipline and making correct conscious decisions. Unfortunately we have things like peer pressure (and those who pressure us sometimes have bad ABC issues) that lead us down the wrong road and make being bad feel “cool.”

The bottom line is we either conduct ourselves professionally with integrity or choose to use inappropriate behavior possibly affecting the Air Force mission.

The line between attitude, behavior and conduct is blurred and often fine. You could argue that they are one and the same. However your attitude and behavior basically sum up your conduct and should be treated as a package deal.

As airmen, all three can affect your career and personal development. The airmen in our Air Force are held to a higher standard for good reason and are expected to have a higher standard when it comes to our ABCs.

Conduct, like attitude and behavior, is a quality we can control. Good conduct is the result of a positive attitude and good behavior.

Whether you are in the Air Force 20 years or two years, you face conduct choices all the time. Choosing to do drugs is negative conduct. This is a conscious choice and is the perfect example of poor conduct.

The consequence of this decision affects the Air Force mission. Airmen are expected to fix multi-million dollar aircraft, provide security for billions of dollars in assets and make the United

States of America a safer place to live. Poor choices and bad conduct won’t be tolerated. Not following this letter in the ABC sequence could get you a one-way ticket out of the Air Force.

The only person who can control the fate of your career is you. Look around, and ask yourself these questions:

- If you show up at work with a really bad attitude, how does it affect your behavior and conduct?
- Can you trust yourself to have appropriate conduct and behavior if you cannot control your attitude?
- When you are guilty of bad behavior and conduct, what is your attitude like?

Good or positive ABCs are like an equation: A + B + C = success. If one of the variables is missing, the formula fails.

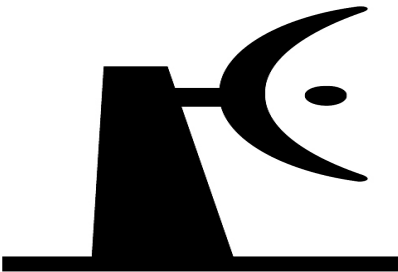
Airmen who positively follow their ABCs will likely receive better feedback and enlisted performance reports and see their names put on quarterly packages. Airmen who fail to follow these fundamentals will ultimately feel the drawbacks.

They might receive counseling, have problems with the law and ultimately, could find themselves facing charges under the Uniform Code of Military Justice.

We are in control of our own ABCs, and this affects our outlook either positive or negative.

What is the state of your ABCs? If they aren’t positive, what are you going to do about it?

(Courtesy of Air Force Print News)



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**Second Lt.
William Atkins**
C-130
Yokota AB, Japan



**Ensign
Alexander Barrows**
P-3
NAS Brunswick, Maine



**Second Lt.
Jeff Bellato**
C-130
Nevada Air National Guard



**Second Lt.
William Boulware**
B-52
Barksdale AFB, La.



**Second Lt.
Mark Boyer**
C-130
Pope AFB, N.C.



Capt. Keith Brannon
C-130
Pennsylvania
Air National Guard



**Second Lt.
William Compton**
MC-130 (EWO)
Kadena AFB, Japan



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William Connelly Jr.**
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Davis-Monthan AFB, Ariz.



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B-52
Barksdale AFB, La.



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EP-3
Rota, Spain



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Jeremy Fortier**
AC-130
Hurlburt Field, Fla.



**Second Lt.
Joseph Foster**
B-52 (EWO)
Barksdale AF, La.



**Ensign
Michael French**
P-3
Kaneohe Bay, Hawaii



**Second Lt.
Daniel Godwin**
AC-130
Hurlburt Field, Fla.



**First Lt.
Joel Gushikuma**
C-130
Hawaii Air National Guard



**Second Lt.
Brian Heck**
B-52 (EWO)
Barksdale AFB, La.



**Second Lt.
Jelani Johnson**
C-130
Dyess AFB, Texas



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Shawn Kidd**
RC-135 (EWO)
Offutt AFB, Neb.



**Second Lt.
Robert Lough**
KC-135
Robbins AFB, Ga.



**Ensign
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P-3
NAS Whidbey Island, Wash.



**Second Lt.
Mitchell Maes**
E-3
Tinker AFB, Okla.



**Second Lt.
Jeffrey Martin**
RC-130 (EWO)
Offutt AFB, Neb.



**Ensign
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P-3
NAS Jacksonville, Fla.



**Second Lt.
Justin Newton**
C-130
Elmendorf AFB, Alaska



**Second Lt.
Patrick Raring**
B-52
Barksdale AFB, La.



**Ensign
Ji Theriot**
E-6
Tinker AFB, Okla.



**Ensign
Charles Watkins**
P-3
NAS Whidbey Island, Wash.

JSUNT graduation set for today

By Senior Airman Lindsey Maurice
12th Flying Training Wing Public Affairs

Twenty Air Force and seven Navy aviators receive their navigator and naval flight officer wings during a Joint Specialized Undergraduate Navigator Training graduation ceremony here today.

The ceremony is at 10 a.m. in the Randolph Officers' Club.

The guest speaker for today's graduation is Col. K.C. McClain.

Colonel McClain is the Director of Operations for Technical Training for Headquarters Air Education and Training Command.

As the director of operations for technical training, she is responsible for developing policies and programming resources for Air Force technical and aircrew training. Significant programs include undergraduate flying and initial skills training for Air Force, Navy, Marine Corps, Army, Reserve and Guard personnel, Euro-NATO Joint Jet Pilot Training; enlisted accessions; initial training and non-rated supplemental training.

Col. George Duda, Jr., 12th Flying Training Wing vice commander, is presenting the students with their respective service's silver wings or gold wings, as well as presenting four special awards during the ceremony.

The awards being presented during the graduation are:

- Air Education and Training Command Commander's Cup Award: Presented to the most outstanding graduate based on demonstrated excellence in all phases of training while exhibiting strong qualities of professionalism and leadership.

- Alden C. Markey Award: Presented to

the top Navy graduate based on performance in all phases of training.

- Ira J. Husik Award: Presented to the navigator achieving the highest standard of excellence during the flying phase of training.

- Jack Donovan Award: Presented to the top electronic warfare officer graduate who has distinguished himself or herself from his or her peers by outstanding airmanship, academic performance and officership.

In addition, the top academic navigator and EWO graduate will be recognized with

24 Team Randolph members selected for promotion to chief

By Senior Airman Lindsey Maurice
12th Flying Training Wing Public Affairs

Twenty-four Team Randolph senior master sergeants were selected for promotion to the Air Force's highest enlisted rank as part of the 2003 chief master sergeant promotion board.

"The Air Force has once again chosen a small group of senior master sergeants who have proven they have what it takes," said Chief Master Sgt. Mark Billingsley, Air Force Personnel Center enlisted promotion and military testing branch chief. "Their hard work, years of experience, dedication to development through military and civilian education, and test preparation, have set them apart as a select group ready to lead as chief master sergeants."

The board, which considered 2,649 senior master sergeants for promotion, selected 526, which is 19.86 percent — 6.86 percent above the minimum promotion rate objective of 13 percent. Last year's selection rate was 19.93 percent.

The Team Randolph selectees are:
Air Education and Training Command
Mitchell Balutski
Kevin Candler
Allen Cherry Jr.
Cedric Council
Johnny Davis
Larry Reese
Marita Woods
19th Air Force
Victor Allen
Angela Dodd
Joaquin Quitugua
John Salzman
12th Flying Training Wing
Barbara Dungan

Glenda Solomon
Air Force Personnel Center
Robert Bixler Jr.
Charles Cole
Russell Coleman
James Galambos
Richard Perez
Dwayne Thomas
Patrick Woodworth
Air Force Recruiting Service
Jeffrey Lesko
Gerald Thayer
Air Force Manpower and Innovation Agency
Anthony Dant
Air Force Legal Services Agency
Kathryn Rutledge
(Adapted from AFPC News Service)

News Briefs

Correction to Wingspread Oct. 17 issue

In the Oct. 17 issue of the Wingspread, page 4, in the Joint Specialized Undergraduate Navigator Training graduation article, it should have stated that 1st Lt. Jasen Blacksborg was awarded the Air Education and Training Command Commander’s Cup Award.

RFISD receives highest state financial accountability rating

A “Superior Achievement” rating for financial accountability, the highest possible under Texas’ Schools FIRST financial rating system, has been awarded to the Randolph Field Independent School District. This reflects the quality of the district’s financial management and reporting system, maintaining academic achievements in a cost-effective and efficient manner.

OJT trainee selected

Airman 1st Class Daniel Finkenstadt, 12th Contracting Squadron, was selected as the Base Level On-the-Job-Training Trainee for September. He received a score of 94 percent, the highest Career Development Course score for personnel in upgrade training.

For more information, call Master Sgt. Renee Harris at 652-5206.

Latest enlisted AFIT nominations due

The Air Force Institute of Technology officials are offering non-commissioned officers the opportunity to pursue an advanced science, engineering or management degree at Wright-Patterson Air Force Base, Ohio.

Eight NCOs from the Air Force will be selected in early 2004 to attend the Enlisted-to-AFIT program. The program is designed to provide commanders with a diverse and renewable source of highly proficient and educated career NCOs.

People interested in applying for the 18-month program must be at least a technical sergeant with a minimum of eight years time in service, 12 months time on station and have three years retainability upon graduation. They must have completed the appropriate skill-level upgrade and resident professional military education schooling for their rank.

Applicants must possess a bachelor’s degree from a regionally accredited college or university.

For more information, visit www.afvec.langley.af.mil/afvec/, or e-mail robert.hale@pentagon.af.mil.



EDUCATION

Go get it

Climate survey hits halfway point

By Scott Hopkins
Air Force Manpower and Innovation Agency

Since its launch Oct. 1, more than 25 percent of Air Force people have taken advantage of the opportunity to speak to their leaders through the 2003 Air Force Climate Survey.

The survey’s importance hinges on maximum participation, and the more people who participate, the better the results, officials said. The deadline is Nov. 23.

More than 65 percent of active duty airmen and appropriated-fund civilians participated in the 2002 survey. For the first time, this year’s survey includes the Air Force Reserve, Air National Guard and nonappropriated-fund civilians.

“Our goal is to make things better for our people and our organizations,” said Air Force Chief of Staff Gen. John Jumper. “This is a great opportunity for you to

provide direct feedback about how well your leadership and organizations are functioning.”

The survey gives leaders honest, identity-protected feedback about the organization from the people who make that organization work. It measures factors that influence people’s behavior and factors that are relatively enduring over time, officials said. Leaders at all levels can use this information to improve an organization’s climate and to ultimately improve its effectiveness and productivity.

As an integral communication link between leaders and enlisted airmen, the survey provides senior leaders insights into areas that need improving and areas that are doing well, officials said.

The survey also serves as an important link between senior leaders and civilians. Through the survey, civilians can voice their concerns and provide valuable information that can improve their organizations, officials said.

Aeronautical Systems Center officials at Wright Patterson Air Force Base, Ohio, applied several new initiatives as a result of the feedback received from the 2002 survey. Officials from the center’s financial services office received a new telephone system with voice-mail capability, and they eliminated hardcopy travel vouchers, which stopped costly “assembly line” work when mailing out travel vouchers. Section workers developed an automated self-help tool for travelers that gave technicians more time to work complex inquiries.

These actions demonstrate participative leaders, officials said. According to published research, sound management practices lead to increased employee and customer satisfaction, loyalty, better retention and increased financial performance.

To safeguard personal information, only Air Force-level analysis is done on the personal information. Questions that ask for a respondent’s Air Force Specialty Code, rank or grade, time on station, etc., will be

briefed to the secretary of the Air Force and the Air Force chief of staff; that information will not be released elsewhere.

Multiple levels of protection are built into the system. For example, a squadron report will list respondents by number of officers, enlisted members and civilians — not by rank or grade, etc. And each breakout can be made only if there are at least seven respondents in that category.

For example, if there are three officers, eight civilians, and 10 enlisted responding in a squadron, the officer data will be included in the next smallest breakout, the civilians. The data will be labeled as “10 enlisted” and “11 other.”

The 30-minute survey can be completed online at <http://afclimatesurvey.af.mil> anytime during the survey period from either a government or personal computer. Randolph members can also click on the Air Force Climate Survey link located on the base Intranet page at <http://home.randolph.af.mil/>.

MyPay now offers military users electronic W-2s

ARLINGTON, Va. — Current myPay military users and Department of Defense civilian employees with myPay access will now automatically receive an electronic W-2.

The electronic method is now the primary means of delivery, officials said. Users may elect to receive a printed W-2 by mail by choosing the hard-copy option through myPay before Dec. 1.

“This is an opportunity for our customers to better manage their pay information,” said Dennis Eicher, director for electronic commerce, military- and civilian-pay services at DFAS. “We are providing myPay

customers access to their tax and pay preferences online. We also know some individuals would rather have a hard-copy statement, so we are giving them that choice.”

The online version, complete with printing instructions, is compatible for all tax purposes and allows users to have multiple copies without needing a hard copy. A save button is also available to allow individuals to save their W-2s to disk.

There will be a “no change” period from Dec. 1 through Jan. 31, officials said. During this period users will not be allowed to change their W-2 print election on myPay but may request a paper W-2 by contacting their

local financial services office.

To select the hard copy W-2, go to <https://mypay-dfas.mil>. Under Taxes, select “Turn on/off Hardcopy of W-2.” Once this option is selected, carefully read the various questions posed. The user will be given the opportunity to select “hard copy.” This will allow the user to receive a hard copy by mail and still be able to see the W-2 electronically.

Retired airmen and annuitants, as well as civilians outside of DFAS will continue to receive their tax statements or 1099 statements by mail. No action is required. (Courtesy of Air Force Print News)

Team Randolph members earn CCAF degree

By Senior Airman Lindsey Maurice
12th Flying Training Wing Public Affairs

More than 90 Team Randolph members and local retirees were presented Associates of Applied Science degrees from the Community College of the Air Force during a ceremony at the officers’ club Tuesday.

Each graduate completed a minimum of 64 semester hours in either technical education, management or general education.

During the ceremony, Col. Mark Graper, 12th Flying Training Wing commander, presented the graduates with their respective diplomas. Chief Master Sgt. Mark Anderson, Air Education and Training Command weather operations superintendent, delivered the ceremony commencement address.

The graduates are:
Air Education and Training Command

- Senior Master Sgt. Cedric Council
- Senior Master Sgt. Kevin Candler
- Master Sgt. Daniel Caluya
- Master Sgt. Kenneth Lunsford
- Master Sgt. Richard Kummer
- Master Sgt. Shaun Derry
- Tech. Sgt. Stephan Worcester
- Tech. Sgt. Rebecca Galambos
- Staff Sgt. LaSonja Cavness
- Staff Sgt. Katherine Kwarcinski
- Staff Sgt. Michael Summers
- Senior Airman Dina Bennett

- 19th Air Force**
- Master Sgt Joseph Gonzales
- Master Sgt Marlon Bell
- 12th Flying Training Wing**
- Tech. Sgt. Angelique Battle
- Tech. Sgt. Brian Chapman
- 12th Civil Engineer Squadron**
- Master Sgt. David Conley
- Master Sgt. Kenneth Meierhofer
- Tech. Sgt. Joseph Boisley
- Staff Sgt. Tracey Human
- Staff Sgt. Gary Phillips
- Staff Sgt. Christopher Daniels
- Staff Sgt. Francisco Dorantes-Reyes

- 12th Contracting Squadron**
- Senior Airman Mary Shackelford
- 12th Communications Squadron**
- Master Sgt. Bruce Scott
- Master Sgt. James Long
- Staff Sgt. Donald Wyant
- Staff Sgt. Amar Torres

- 12th Logistics Group**
- Master Sgt. Mark Stephens
- Master Sgt. Yalonda Milton
- 12th Logistics Readiness Squadron**
- Master Sgt. Grace Davis
- Staff Sgt. David Robinson
- 12th Medical Group**
- Tech. Sgt. Clifton Bremby
- Staff Sgt. Wanatoshia Everage
- Staff Sgt. Tsering Ortiz
- Airman 1st Class Kelly Thomas
- 12th Mission Support Squadron**
- Master Sgt. Scott Shurley
- 12th Operations Support Squadron**
- Master Sgt. Rumel Bohannon-Bey
- 12th Security Forces Squadron**
- Staff Sgt. Larry Bond
- 99th Flying Training Squadron**
- Staff Sgt. Tamara Brewer
- 560th Flying Training Squadron**
- Senior Airman Alberto Yulo
- Air Force Personnel Center**
- Master Sgt. Gary Patton
- Master Sgt. Richard Flynn
- Master Sgt. Andre Baylor
- Master Sgt. Michael Grandison
- Master Sgt. Brian Hagerty
- Master Sgt. Lori Trainor
- Master Sgt. Paul Wolff
- Tech. Sgt. Maurice Barfield
- Tech. Sgt. Donna Holton
- Tech. Sgt. Cynthia Rolfes
- Tech. Sgt. Sabrena Clement
- Staff Sgt. Mark Reuss
- Staff Sgt. Kristina McBride
- Staff Sgt. Jerry Marsh
- Staff Sgt. Cementhia Scott
- Staff Sgt. Stephanie Stemen
- Senior Airman Mayde Venegas
- Senior Airman Adam Wyborny
- Air Force Recruiting Service**
- Master Sgt. Allen York
- Master Sgt. Anthony LeShaw
- Master Sgt. Johnny Roberson
- Master Sgt. Cal Robinson
- Master Sgt. Weldon Selders
- Master Sgt. Joseph Jones
- Tech. Sgt. Tony Leverett
- Tech. Sgt. Deshan Woods
- Staff Sgt. Jeremy Harris
- Staff Sgt. Sandra Palma
- Staff Sgt. Willie Torres
- Staff Sgt. Sonia Williams

- Air Force Manpower and Innovation Agency**
- Staff Sgt. Carla Cooke
- 340th Flying Training Group**
- Master Sgt. David Cofer
- Master Sgt. Rosalind Redmond
- Master Sgt. Robert Wrenn
- Air Force Legal Services Agency**
- Tech. Sgt. Rosene Goods
- Air Force ROTC, Detachment 810**
- Staff Sgt. Wendy McDowell
- Air Force Services Agency**
- Master Sgt. Margaret Lott
- Master Sgt. Phyllis Turner
- Staff Sgt. Tracy Sanders
- Aeronautical Systems Center, Detachment 4**
- Staff Sgt. Dorcia Langham
- Defense Finance and Accounting Service**
- Master Sgt. Mitchell Guidry
- Senior Airman Tomas Bertenyi
- Defense Medical Readiness Training Institute**
- Staff Sgt. Kendra Turner
- Joint Personal Property Shipping Office**
- Staff Sgt. Christopher Barta
- Training Squadron 35**
- Tech. Sgt. James Jones
- Retired/ Separated**
- Master Sgt. James McLain
- Master Sgt. Michael Taylor
- Tech. Sgt. Kyle Augillard
- Tech. Sgt. Dewayne Duff
- Tech. Sgt. Charles Friedman
- Staff Sgt. John Nolan

CCAF fall scholarships

Eleven Team Randolph members earned fall 2003 Community College of the Air Force scholarships.

- The scholarship recipients are:
- Air Force Association Pitsenbarger Award scholarship**
- Staff Sgt. Rebecca Carney-Stokes, 12th Mission Support Squadron
- Staff Sgt. Tamara Brewer, 99th Flying Training Squadron
- Tech. Sgt. Rosene Goods, Air Force Legal Services Agency
- Chiefs’ Group scholarship**
- Senior Airman Tomas Bertenyi, Defense Finance and Accounting Service
- Staff Sgt. Wendy McDowell, Air Force

- ROTC, Detachment 810
- Enlisted Wives’ Club scholarship**
- Senior Airman Dina Bennett, Air Education and Training Command
- Tech. Sgt. Debra Hines-Townsell, Air Force Security Assistance Training
- Officers Wives’ Club scholarship**
- Master Sgt. Johnny Roberson, Air Force Recruiting Service
- Team Randolph scholarship**
- Staff Sgt. Stephanie Stemen, Air Force Personnel Center
- Embry-Riddle Aeronautical University scholarship**
- Master Sgt. Anthony Leshaw, AFRS
- Park University scholarship**
- Staff Sgt. LaSonja Cavness, 563rd Flying Training Squadron

Toys for Tots campaign underway

By Capt. Jack King
Randolph Toys for Tots representative

Monday marked the official kick-off of the San Antonio area Marine Corps Reserve Toys for Tots program.

The mission of Toys for Tots, a certified non-profit foundation, is to collect new, unwrapped toys and distribute those toys as Christmas gifts to needy children in the local community.

The Toys for Tots program dates back to 1947, and has received support from countless heroes and celebrities including Joe Foss, John Wayne, Nat “King” Cole and Nancy Reagan.

In addition, to the Marine Corps, the U.S. Air Force has also played, and continues to play, a pivotal role in this program.

Last year, the U.S. Air Force collected more than 2,500 toys from Randolph, Lackland and Brooks for the program.

“The years 2001 and 2002 were two of the best years ever for Toys for Tots,” said Capt. Jay Cryderman, Air

Force component representative for Randolph, Brooks and Lackland. “And volunteers are determined to surpass that this year with aggressive advertising and numerous upcoming collection events to include a weekend children’s matinee, running and biking races, and a motorcycle ride.”

The combined goal of Randolph, Lackland and Brooks this year is 4,000 toys, with a target of 1,500 at Randolph. The toy donation deadline is Dec. 24.

Toy, collection boxes will be placed in most major organizations and high pedestrian traffic areas this year, to include the Base Exchange, BXtra, Air Force Personnel Center and Military Personnel Flight.

For more information about Toys for Tots, call Captain Cryderman at 652-5517, or visits the official Toys for Tots Web site at www.toysfortots.org.

For questions about the Randolph campaign, call Captain King at 652-6206, Capt. Catherine McDaniel at 652-3500 or Senior Master Sgt. Eugene Wasko at 652-6344.



Capt. Jay Cryderman, Air Education and Training Command, donates a toy last year for the 2002 Toys for Tots campaign. This year’s campaign kicked off this week. (Photo by Jennifer Valentin)

War hero recalls experiences

Most highly decorated EWO visits school house to speak to students

By Bob Hieronymus
Wingspread staff writer

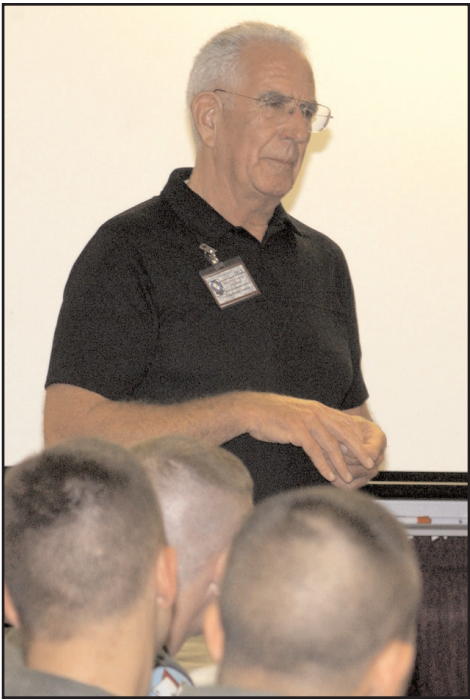
He was shot down over North Vietnam Aug. 7, 1966, but retired Col. Mike Gilroy described it as a “funny day.”

It was that kind of low-key humor that held the attention of the standing room only crowd of electronic warfare students and staff at the 563rd Flying Training Squadron recently as the colonel recounted his experiences as an F-105 Wild Weasel Electronic Warfare Officer.

The Wild Weasel program was a Vietnam War era program that equipped a two-seat fighter-bomber aircraft with electronic warfare systems and munitions to search for and destroy enemy air defense systems.

Colonel Gilroy is the most highly decorated Air Force electronic warfare officer, having earned the Air Force Cross during a most difficult mission in 1967.

Colonel Gilroy was talking to students at the 563rd FTS, because it is the Air Force’s only flying training squadron where officers receive undergraduate electronic warfare officer training. Colonel Gilroy’s visit was uniquely important because the top graduate of each EWO class receives the Colonel Mike Gilroy Award for academic excellence. Graduates of the school go immediately into combat air force aircraft assignments where they can very well experience combat missions soon after qualifying in their major weapon system.



Retired Col. Mike Gilroy, the Air Force’s most highly decorated electronic warfare officer, talked recently with students and staff of the 563rd Flying Training Squadron about his experiences with electronic warfare. (Photo by Medora Arnaud)

Both students and instructors listened closely to the colonel’s story.

Colonel Gilroy told how he had enlisted in the Air Force in 1953 and was trained as a jet engine mechanic. He went on to Officer Candidate School in 1960 and then earned his wings as an EWO. He flew in the B-52, F-105, F-4, and F-111 during his career. He flew two combat tours in Vietnam, one in B-52s and the second in F-105s.

It was while he was on that second tour that he had his “funny day.”

“It was my first time to parachute out of an airplane,” he said. “Of the first 16 Wild Weasel EWOs who arrived at Takhli Royal Thai Air Force Base, Thailand, in 1966, four were killed and two taken prisoner during the first 45 days of operations. Those were tough missions.”

“Our EW equipment was pretty primitive, compared to what is available today,” he said, “but it was the state of the art then. We

fired a Shrike missile to suppress one surface-to-air missile site near Hanoi and evaded the first missile from another site.”

Illustrating the action with his hands, he told how his pilot, Capt. Ed Larson, attempted evasive action when the second missile exploded near the nose of their aircraft.

“The missile hit made the 1,000 rounds of 20 mm ammunition in the nose of the F-105 explode, taking off most of the front of the airplane,” he continued. “My electronic equipment was all wiped out, but the plane was somehow still flying. We made it out to the Gulf of Tonkin, where we both ejected just before the plane blew up.”

“We were picked up by an Air Force HU-16 rescue seaplane after about an hour and a half in the water,” Colonel Gilroy said. “The North Vietnamese were lobbing mortar shells at us from a nearby island, but we made it without being hit.”

After that mission, the colonel took a 30-day leave before he was back flying Wild Weasel missions.

The following March, the colonel was involved in another harrowing mission, but with his characteristic habit of understatement, he had very little to say about that one.

Colonel Gilroy told the crowd that when the other three aircraft in their four-ship flight were forced out of the battle, pilot Maj. Merlyn Dethlefsen and then Captain Gilroy pressed the attack alone, against heavy defenses so that the accompanying strike aircraft could destroy a significant enemy industrial complex.

For this mission, Major Dethlefsen was awarded the Medal of Honor and Colonel Gilroy was awarded the Air Force Cross.

Colonel Gilroy retired from the Air Force in 1987. Among many other assignments during his 34-year career, he served as Chief of Electronic Warfare Research and Development on the Air Staff, as well as Military Staff Assistant to the Secretary of Defense. He also served as commander of the Air Force Electronic Warfare Center at Kelly Air Force Base, Texas, and as Chairman of the North Atlantic Treaty

Organization EW Advisory Committee in Brussels, Belgium.

Colonel Gilroy concluded his presentation with this advice to the EW students: “The crews I worked with appreciated what EWOs bring to the fight. The aircrews really need you. You have a big responsibility. Learn and keep on learning,” he said.

Lt. Col. Bill McKechnie, 563rd FTS commander, said that the students he sees in the EW classes are definitely eager to learn.

“The basic dynamics of flight have not changed since the Wright brothers first flew 100 years ago,” he said. “The same can not be said of electronic warfare — it constantly changes. We stress this to our students every day.”

“Technical data, effectiveness of EW equipment and our ability to counter threats are all perishable factors,” Colonel McKechnie continued. “There is no standardized enemy electronic battlefield. Just like us, the enemy will bring out all his toys to the fight.”

“For example, in Operation Iraqi Freedom the Iraqis used state-of-the-art Global Positioning Satellite jammers along with the same type of surface-to-air missile systems retired Colonel Gilroy encountered over 30 years ago. An EWO must be prepared for all types of threats,” he said. “My instructors bring a wealth of operational experience to the squadron and their expertise affects every part of our course and brings a fresh look to everything we teach.”

“Our academic classes and the T-25 simulator are designed to convey this dynamic electronic environment,” Colonel McKechnie said. “Colonel Gilroy’s experience relates directly to what our graduates can expect to see when they fly Rivet Joint — to name just a one of the Combat Air Force aircraft to which our graduates are assigned.”

“Colonel Gilroy worked with the equipment that was available then and successfully completed his missions with honor. Our great nation and the absolute best Air Force the world has ever seen expect nothing less of the next generation of EWOs we train here,” said Colonel McKechnie.

Military Family Month contests offered

By Jennifer Valentin
Wingspread staff writer

In honor of Military Family Month, observed in November, the Armed Services YMCA is holding its ninth annual art and essay contests.

Although each contest has its own set of rules and guidelines, both are aimed toward military children.

For the art contest, a winner will be picked from each service and awarded a \$500 U.S. Savings Bond. The winners’ artwork will be featured on the Military Family Month 2004 poster.

Second place winners will be awarded a \$100 U.S. Savings Bond.

Students of military families in the Army, Navy, Marines, Air Force, Coast Guard and National Guard, in kindergarten through sixth grade are eligible to enter. Children of Department of Defense civilians can also enter, but in a separate category for a \$100 U.S. Savings Bond.

Drawings should be entered on an 8.5-by-11 inch paper.

Color and black and white drawings are both acceptable; however, black and white drawings are less likely to be selected, according to the ASYMCA Web site.

Also, family members should not be identified on the drawing.

Every entry must have an official art contest entry form with it. Entry forms are available at www.asymca.org. All qualified entries must be received by Jan. 26, 2004.

Students should mail art contest entries to Armed Services YMCA, Attn: Art Contest, 6359 Walker Lane, Suite 200, Alexandria, Va., 22310.

In order to promote reading among children and teenagers of the uniformed services, including active duty, Reserve, Guard and retired, the ASYMCA’s 2004 Essay Contest focuses on the topic “Why I Love to Read,” according to contest officials. Winners of the essay contest will receive U.S. Savings Bonds.

One \$500 first place and one \$100 second place bond will be awarded in categories for first and second grade, third and fourth grade, fifth and sixth grade, and seventh and

eight grade. Students in two high school categories, ninth and 10th grade, and 11th and 12th grade, will be awarded \$1,000 bonds for first place, \$200 bonds for second place and \$100 bonds for essays placing a honorable mention.

Students in grades eight and below should submit entries of 300 words or less. Students in grades ninth through 12th should submit essays of 500 words or less.

Poetry, stories and news articles are some examples of submissions judges preferred in past contests, according to the contest Web site.

Mailed entries must be received by March 12, 2004. E-mail entries must be received by March 8, 2004.

Every entry should include an official essay contest entry form. Mail entries to Armed Services YMCA, Attn: Essay Contest, 6359 Walker Lane, Suite 200, Alexandria, Va., 22310. E-mail entries should be sent to kspooner@-asymca.org.

For more information on the contests, visit www.asymca.org, or call the family support center at 652-5321.

E-mail Wingspread submissions to wingspread@randolph.af.mil

America at War



“The enemy in Iraq believes America will run. That’s why they’re willing to kill innocent civilians, relief workers and coalition troops. (But,) America will never run. America will do what is necessary to make our country more secure.”

President George W. Bush
During a speech in Birmingham, Ala., Monday

Randolph supports global mission

As of Monday, 129 Team Randolph members are deployed in support of military operations around the globe.

U.S. Forces suffer losses in Iraq, Afghanistan

By Rudi Williams
American Forces Press Service

WASHINGTON – Fifteen U.S. soldiers were killed and 21 were wounded when a

coalition helicopter went down near the city of Amiryah, Iraq, at about 8 a.m. central time Sunday. This was the single deadliest attack on coalition forces since President Bush announced the end of major combat in Iraq.

The helicopter, a CH-47 Chinook, was transporting personnel to the Baghdad International Airport when the incident happened, U.S. Central Command officials said. The aircraft was assigned to the 12th Aviation Brigade, which was operating in support of the 82nd Airborne Division Task Force.

An aerial quick-reaction force was immediately dispatched to the scene, and a ground force secured the site.

The wounded soldiers were evacuated to nearby medical facilities. Names of the dead and injured are being withheld pending next-of-kin notification, officials said. A military spokesman said witnesses reported seeing missile trails, but that an investigation would determine the official cause of the crash.

Appearing on the ABC News program “This Week,” Defense Secretary Donald Rumsfeld said Sunday was a tragic day, but that such days are necessary. “They’re part of a war that is difficult and complicated,” he said.

Earlier in the morning, a 1st Armored Division soldier died at about 3:45 a.m. from

wounds suffered from an improvised explosive device explosion in Baghdad. The soldier’s vehicle struck the device shortly after midnight while responding to a separate incident. A soldier wounded in the incident was evacuated to the 28th Combat Support Hospital.

Officials are investigating these incidents, as well as the death of five other soldiers who were killed in Iraq and one who died in Afghanistan between Oct. 27 and Saturday.

Another soldier died of a non-hostile gunshot wound Oct. 28 in Iraq.

On Saturday, two soldiers of the Army’s 101st Airborne Division (Air Assault) were killed and two were wounded in an improvised explosive device roadside attack at about 7:30 a.m. in Mosul, Iraq’s third-largest city, according to Central Command officials.

The wounded soldiers were evacuated to the 21st Combat Support Hospital, which is deployed to the Middle East from Fort Hood, Texas.

Central Command reported that one 82nd Airborne Division soldier was killed and four were wounded in an improvised explosive device attack in the Khaladiyah area, west of Baghdad, at about 8:45 a.m. Oct. 31.

On Oct. 30, a U.S. soldier died from wounds received in a firefight between

Afghan militia forces, coalition special operations forces and a 10- to 15- member anti-coalition element about 35 miles west of Deh Rawood in Afghanistan’s Uruzgan province. An Afghan militia force soldier also was wounded in the contact. Both soldiers were medically evacuated by helicopter to Kandahar Airfield.

On Oct. 28, two 4th Infantry Division soldiers were killed and one was wounded when their tank hit an unidentified explosive device 40 kilometers northeast of Balad, Iraq, at about 7 p.m. Early that morning, an 82nd Airborne Division soldier died of a non-hostile gunshot wound at a forward operating base near Fallujah, Iraq, at about 12:10 a.m.

The day before, a 1st Armored Division soldier was killed and six were wounded in a rocket-propelled grenade attack in Baghdad at about 10 a.m.

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SECURITY
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TERRORIST ATTACKS
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Base, nation observes America Recycles Day

By Jennifer Valentin
Wingspread staff writer

In honor of America Recycles Day, Nov. 15, Team Randolph officials encourage everyone to make a pledge to renew their commitment to recycling.

Whether a person increases their current level of recycling or buys more products made of recyclable materials, every bit helps, said Don Lindsey, Randolph Recycling Coordinator.

“Recycling is important because it saves money, resources, energy and landfill space,” said Mr. Lindsey. “For every ton of paper Randolph recycles, about 17 trees are saved that would originally be cut for pulp.”

In Fiscal Year 2003, Randolph recycled 456 tons of mixed paper, 920 tons of cardboard and 43 tons of commingled recyclables including aluminum cans, glass and plastic bottles.

Recycling containers are available for use throughout the base.

Recycling containers for paper, aluminum cans and plastic bottles are located at central locations in industrial

and administrative buildings.

Randolph also has a recycling center, Building 1139, available for customers to drop-off recyclable materials 24 hours a day, seven days a week. One bin is a blue two-cubic-yard container, for aluminum cans, non-aluminum metal cans, plastic containers, glass containers and paper. The other bin is a beige colored nine-cubic yard container for cardboard only. These containers have lists on them, notifying customers what cannot be put in them, said Mr. Lindsey.

There are also two containers for metal recycling located at the recycling center. These containers are accessible Monday through Friday from 7 a.m. to 3 p.m. The containers are secured behind the gate, and personnel must contact the recycling center at 652-1160 or at 445-4128 before coming to the center to drop off scrap metal.

For more information about recycling on base, or to request a recycling bin for an office or work area, call Mr. Lindsey at 652-5606.

America Recycles Day Contest

By pledging to recycle or buying more recycled products people can enter the America Recycles Day contest.

The grand prize for adults is a 2004 Ford Focus Partial Zero Emission Vehicle. The grand prizes in the youth category are five aluminum Trek Model 4300 24-speed

bicycles. The first prizes for adults are two “Recycle Yourself Weekend” spa packages.

Entries for the contest must be submitted by midnight, Nov. 15. The drawing for the prizes is Dec. 9.

To download an entry form, or for more information on the contest, go to www.americarecyclesday.org.

AMERICA RECYCLES DAY 2003 CONTEST ENTRY FORM

Here's how I'm renewing my commitment to recycling in the coming year:

- ☐ I'll buy more recycled content products (like recycled office paper);
☐ I'll increase my recycling efforts at home, school and work;
☐ Other recycling-related effort _____
(like attending an ARD event)



Please enter me in the random drawing to be held on or about December 9, 2003. One entry per person. No purchase necessary. Your name and address will be kept confidential and you will not be contacted unless you are a winner. Your signature on this form gives us permission to your name and city of residence in publicity materials if you are a prize winner. Entries must be received by November 20, 2003. For a complete set of rules visit the America Recycles Day website: www.AmericaRecyclesDay.org.

Name: (please print) _____ ☐ I am under 18

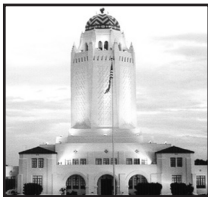
Organization or School: _____

Address: _____

City: _____ State: _____ Zip: _____

County: _____ Daytime Phone: _____

Randolph Community Bulletin Board



Miscellaneous

Veteran’s Day celebration scheduled

A Veteran’s Day parade is scheduled for Saturday at 10:30 a.m. The parade begins at the Universal Square parking lot, on Universal City Boulevard, and ends at American Legion Post 667, on 504 Bowie.

Bands, food, a silent auction and face painting will take place after the parade.

For more information, call 653-1779.

RFISD Board of Trustees Openings

The Randolph Field Independent School District Board of Trustees is seeking volunteers to fill vacancies. All volunteers will meet a nomination board chaired by the 12th Support Group commander or deputy commander; and the top three finalists for each vacancy will be forwarded to the Texas State Board of Education, which will then make the final selection.

Personnel wishing to be considered for nomination may obtain an application at the 12th SPTG commander’s office in the Taj Mahal or by forwarding an email request to mail to:12sptg.css@randolph.af.mil. Completed hard copy applications must be returned no later than Nov. 21.

For this vacancy, applicants may be enlisted members or Randolph civilian employees or adult dependents.

For more information, call Lt. Col. Allen Blume at 652-1205.

Gospel choir performance

The Randolph Gospel Choir is performing at the Universal City Methodist Church Sunday at 7 p.m. As part of “Celebrate America’s Military Week,” the service will feature a special guest appearance by the choir, testimonials by military personnel, as well as an outstanding praise and worship band and children’s choir.

The church is located at the corner of Winn Avenue and North Boulevard, three blocks east of the Universal City Post Office.

For more information call 659-4326.

Hispanic Council meets

The Randolph Hispanic Council meets Thursday at 11:30 a.m. at the enlisted club. Everyone is invited.

For more information, call Tech. Sgt. Adalberto Velez at 565-1137.

RCAA meets

The Randolph Cultural Awareness Association meets Thursday at noon in the chapel annex conference room.

For more information, call Tech. Sgt. Ben Jefferson at 565-4505.

Ambassador applications available

Randolph Ambassador applications for 2004 are available in the 12th Flying Training Wing Public Affairs office, Taj Mahal, room 106B in the west basement.

The competition is open to all active-duty Air Force members and Department of Defense civilians assigned to any unit here. The deadline is Nov. 21.

For more information, please call 652-4407.

Volunteers recognized

The 12th Flying Training Wing recognizes the following people for their volunteer support of the base community relations program by serving as speakers, tour escorts, and “We Are All Recruiters” lunch participants during October.

Speakers: Lt. Col. Sandra Miarecki, 19th Air Force Maj. Barney Ellis; 12th Flying Training Wing; Maj. Alexander Gonzalez, 12th FTW; Capt. Jose Gutierrez, 12th FTW; Capt. Michael Connor, 12th FTW

Tour Escorts: Second Lt. Vincent Heitman, 12th FTW; Staff Sgt. Richard Gomez, 12th FTW; Airman 1st Class Tarra Austin, 12th FTW.

WEAR lunch participants: Second Lt. Alex Ramos, Air Force Occupational Measurement Squadron; Master Sgt. Ramon Torres, Air Force Personnel Center; Master Sgt. Armando Trevino, Air Education Training Command; and Staff Sgt. Lety Diaz, AETC; Staff Sgt. Felicita Sueiras-Martinez, 12th FTW.

For more information, or to volunteer for any of these programs, call the public affairs office, community relations division, at 652-4407.



Family Support Center

Building 693 Telephone: 652-5321

Driving safety course taught

A driving safety course is offered Saturday from 8:30 a.m. to 3:30 p.m.

To sign up, call the South Texas Safety Council at 824-8180.

Smooth move seminar held

The next smooth move seminar, which helps members who are moving or PCSing, is Wednesday from 9 to 11 a.m. During the seminar, agencies offer information and tips on what to expect during relocations. Spouses are invited to attend.

For more information or to sign up, call 652-5321.

Waiting families support group held Monday

A support group for families of deployed members meets Wednesday from 5:30 p.m. to 7 p.m. Information will be provided about video teleconferencing, hearts apart, car care and others programs.

For more information or to sign up, call 652-5321.



Education Services

Building 208 Telephone: 652-5964

SMU registration available

St. Mary’s University early registration for the spring term is currently available. Students who are already enrolled may register now for January classes. Course schedules are online at www.stmarytx.edu or at the St. Mary's office in the education center.

For more information, call 658-4852.

ERAU seeks nominees

Embry-Riddle Aeronautical University is seeking nominees for the Who’s Who Among American Colleges and Universities from the Extended Campus program San Antonio Center. The University is checking with the students to determine if they are involved in community service activities such as church, scouts, coaching, Habitat for Humanity, and others.

For more information, call 659-0801.

MGIB increased

On Oct. 1, the Montgomery GI Bill monthly entitlements for full-time students enrolled in a regionally or nationally accredited college or university increased to \$985 per month. The MGIB provides active duty and veterans up to 36 months of education benefits. The MGIB total entitlement is now over \$35,000.

Benefits may be used while active duty or as a veteran for degree and certificate programs, apprenticeship/on-the-job training and correspondence courses. Individuals using the MGIB while on active duty will receive tuition and fees only, not to exceed the monthly entitlement received by the veteran taking the same course load.

Benefits may be used after two years of active service and for 10 years from the day of separation or until the full 36 months of entitlement is used.

For more information, visit <http://www.gibill.va.gov> or call the education office at 652-5964.

ACCD registration

Alamo Community College District spring 2004 schedules are now available at the education center. Online and telephone registration begins Nov. 17. On base registration begins Dec. 9.



Commissary

Building 1075 Telephone: 652-6545

HOURS OF OPERATION

The commissary hours of operation are as follows:

☐ Sunday	9 a.m. to 5 p.m.
☐ Monday thru Friday	9 a.m. to 8 p.m.
☐ Saturday	9 a.m. to 6 p.m.

Express Shopping for 15 items or less takes place Monday through Friday from 7-9 a.m.



Chapel Services

Building 102 Telephone: 652-6121

Protestant

Saturday - Protestant Women of the Chapel luncheon at 11 a.m. in the chapel center

Sunday - Worship 1 at 8:30 a.m. in chapel 1; liturgical at 10 a.m. in chapel 1; worship 2 at 11:30 a.m. in chapel 1; gospel at 1 p.m. in chapel 1; gospel retreat at T Bar M; choir retreat at T Bar M

Monday - Male chorus at 7 p.m. in chapel 1

Tuesday - Chapel is closed due to Veterans Day

Wednesday - Film luncheon at 11 a.m. and 12:15 p.m. in the chapel center; PWOC Bible study at 12:15 in the chapel center; women’s Bible study at 6 p.m. in the chapel center; gospel choir at 7 p.m. in chapel 1

Thursday - Children’s choir at 5:15 p.m. in chapel 1; precept Bible study at 6:30 p.m. in chapel center; chancel choir at 7 p.m. in chapel 1; Christmas musical rehearsal at 7:45 p.m. in chapel 1

Catholic

Today - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in Chapel 1; Eucharistic adoration.

Saturday - Catholic Women’s of the Chapel at 8:30 a.m. in the chapel center; confession at 4:30 p.m. in chapel 1; Mass at 5:30 p.m. in chapel 1; Eucharistic adoration.

Sunday - Mass at 8:30 a.m. in chapel 2; religious education classe at 9:45 a.m. at the elementary school; Mass at 10:30 a.m. in chapel 2; Mass at 11:30 a.m. in chapel 2.

Monday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1.

Tuesday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1; Contemporary Teen and Adult Choir at 6:30 p.m. chapel 2; Rite of Christian Initiation Adults at 7:00 p.m. in chapel center,

Wednesday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. chapel 1;

Thursday - Rosary at 11:10 a.m. in chapel 1; Mass at 11:30 a.m. in chapel 1; cantor practice at 6:30 p.m. in chapel 2; traditional choir practice at 7:30 p.m. in chapel two.

Ecumenical

Monday - Wedding briefing at 3 p.m., chapel center.

Wednesday - Christian Youth of the Chapel Bible study at 7:30 p.m. Chapel Center.



Movies

Building 100 Telephone: 652-3278

Admission at the base theater is \$2 for adults and \$1.50 for children unless otherwise noted.

Today

“**The Order**” (R), Starring Jon Laurimore - A priest travels to Rome to investigate the death of his mentor.

Saturday

“**Underworld**” (R), Starring Kate Beckinsale - Vampires and werewolves go to war in a secret nocturnal supernatural world.

Sunday

“**The Rundown**” (PG-13), Starring Sean William Scott - A retrieval expert is sent to find the son of an underworld kingpin’s son in the Amazon.

Nov. 14

“**The Fighting Temptations**” (PG-13), Starring Beyonce Knowles - A New York City executive travels back to his hometown in Georgia and attempts to create a gospel choir.

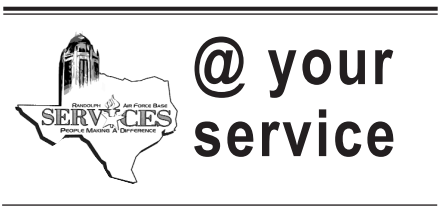
Nov. 15

“**School of Rock**” (PG-13), Starring Jack Black - A rock guitarist teaches 4th grade at a private school after leaving his band.

Nov. 16

“**Duplex**” (PG-13), Starring Drew Barrymore - A couple attempts to buy a converted duplex apartment in a perfect neighborhood.

Base offers monthly activities



Services activities holiday hours for Veterans’ Day, Tuesday

Airmen dining facility
8 a.m. to 1 p.m. brunch
4 to 6 p.m. dinner

Bowling center
1 to 9 p.m.
Open bowling from 1 to 5 p.m. only

Canyon Lake
9 a.m. to 5 p.m.

Child development center annex
Closed

Child development center
Closed

Enlisted club
No lunch buffet
Pub open noon to 8 p.m. (pub menu available)
\$15,000 Holiday Bingo: 6 p.m. early bird
Cashier cage - closed

Equipment checkout
Closed

Fitness center
9 a.m. to 5 p.m.

Golf course
6:30 a.m. to dusk

Human resources office
Closed

Information, ticket and travel
Closed

Library
Closed

Officers’ club
Closed

Skeet range
Closed

Skills craft center
Closed

Auto skills center
Closed

Wood skills center
Closed

Veterinary clinic
Closed

Youth center
Closed

Services specials for Veterans’ Day

- Veterans’ Day brunch is at the dining facility Tuesday from 10:30 a.m. to 1 p.m.
- People can bowl for \$1.50 per game per person from 1 to 5 p.m. at the bowling center.
- A Veterans’ Day Golf Tournament

is offered for \$10 per person Tuesday, with tee times from 7 to 9 a.m.

Holiday Gift Wrapping Program fundraiser scheduled
Requests from units and private organizations that are interested in participating in the Holiday Gift Wrapping Program fundraiser from Nov. 28 to Dec. 24 at the base exchange are now being accepted.

This program gives organizations the opportunity to raise funds for unit functions.
The BX provides the location, a table, chairs, gift boxes, wrapping paper and tissue paper, and interested units must provide workers, a change fund, scissors, tape and nametags. Participating units receive all of the profit made from donations during their shifts.

For more information about times and available dates, call Randy Harris at 652-3012, or e-mail Randy.Harris@randolph.af.mil.

Requests for approval to participate in the Holiday Gift Wrapping Program fundraiser can be submitted to O.B. Fory, by calling 652-7366 or e-mailing OB.Fory@randolph.af.mil.

Customer service feedback survey helps programs
Headquarters Air Force Services Agency is conducting their annual customer feedback survey to find out how customers feel about its services, programs and activities. The responses from this survey help drive policy and program decisions.
People have already been chosen at random to take the survey. Services asks these people please take the time to fill it out.

For more information about the survey, call Shelta Reese at 652-2052.

Youth Center 652-2088

Piano, violin teachers needed
The youth center is looking for experienced piano and violin teachers to work with children ages 6 and older.

Basketball registration dates set
Basketball registration for youth ages 5 to 18 will run through Nov. 22 at the youth center. The cost is \$35 per player and \$70 per family. Interested youth must have current activity fees.

Coaches needed
Adults interested in coaching youth basketball can pick up an application at the youth center, or call Barney Clay at 652-2088.

Human resources office 652-5273

Open Season for NAF employees set
Open Season for the Department of Defense Health Benefits Program is now in progress for all regular Non-Appropriated Funds employees.
If an employee did not enroll in the program when first entitled, now is the time to enroll with eligible family members if applicable.

This is also an opportunity to cancel health coverage, if no longer needed.
Open Season ends Nov. 14, with coverage and/or changes becoming effective Jan. 1, 2004.

Enlisted Club 652-3056

Weekly Happenings
Sunday - Big Bucks Bingo, 3 p.m.
Monday through Wednesday, Bingo, 7 p.m., early bird 6 p.m.
Wednesday - Pool tournament, Gil’s Pub, \$5 entry fee, 5 p.m.
Jazz, Gil’s Pub, 5 to 10 p.m.
Thursday - Wild, Wild West Nights in the ballroom; country/western from 7 to 10 p.m.
Friday - Variety night in Gil’s Pub from 8 p.m. to midnight; super social, 5 to 7 p.m.; after work mixer, 4 to 9 p.m.; and night club, hip-hop headquarters, 9 p.m., hip-hop and R&B

Focus group scheduled
The enlisted club is looking for ways to improve the club, in particular the entertainment offered.
Interested people can sign up at the enlisted club to participate in a one-time focus group meeting.
The enlisted club is working around schedules to establish a meeting time. The meeting can be scheduled for early morning, noon or after work with light refreshments.

Officers’ Club 652-4864

Weekly Happenings
Sunday - Champagne brunch, 9:30 a.m. to 1:30 p.m.
Tuesday through Friday - Complimentary hors d’oeuvres, 5 to 6 p.m.
Thursday - Bingo, 7 to 10 p.m., Sky Lounge
Friday - Prime rib night, 6 to 9:30 p.m., dining room and social hour, 5 to 6 p.m., Sky Lounge and Auger Inn

Wood skills center 652-7422

Wood skills center closure scheduled
The wood skills center is closed for building maintenance Monday through Thursday.

ITT 652-2301

Laredo shopping tour set
The next Laredo shopping tour is Nov. 29. The bus departs Building 897 at 7:45 a.m. and returns at 9 p.m. The cost is \$25 per person, which includes round trip transportation and a tour guide.

Dickens on the Strand date set
A trip is planned for Dickens on the Strand in Galveston, Texas, Dec. 5 to 7.
The trip includes coach transportation, hotel, a tour of the Williams and Menard homes, Hand Bell Concert, tour of the ship Elisa, a Welch Breakfast and admission to the Strand.
The cost is \$230 per person based on double occupancy.

November Calendar	
Today	Lanette Pennell, 6:30 to 10:30 p.m., Sky Lounge, officers' club
Today through Sunday	Veterans Open National Skeet Shooting Association Texas Skeet Shooting Association Registered Shoot, call for rotation times, skeet range
Today through Dec. 9	Registration for Christmas Camp, Monday through Friday, 6:45 a.m. to 5:45 p.m., school age, youth center Veterans Day golf tournament, tee times 7 to 9 a.m., \$10 per person, Randolph Oaks Golf Course Veterans Day Special Open Bowling, \$1.50 per person, per game, 1 to 5 p.m., bowling center Parent Advisory Board Meeting, 11:30 a.m., child development center annex Rob Carter, 6:30 to 10:30 p.m., Sky Lounge, officers' club Give Parents a Break, 5 to 11 p.m., child development center annex and youth center Fun and Fitness Fair, noon to 4 p.m., youth center Children's story hour for preschoolers, 10 a.m., library Combat Fitness Run, 7 a.m., base exchange parking lot Boating Safety Course, 6 to 8 p.m., outdoor adventure, Building 1139 Monthly Members Birthday Buffet, 6 to 8:30 p.m., officers' club Great American Smoke Out 5K Run/Walk, 11 a.m., fitness center annex, Hangar 71
Tuesday	Bubba Littrell and Dolly Parton Impersonator, 6:30 to 10:30 p.m., ballroom, officers' club Birthday Celebration, 2:15 p.m., child development center Air Force Family and Teen Talent Contest, 6:30 to 8:30 p.m., Randolph High School gymnasium Military Family Appreciation Month coffee and muffins social, 6:30 to 9 a.m., child development center Thanksgiving Meal, 11:30 a.m. to 5:30 p.m., Rendezvous Dining Facility Thanksgiving Buffet, 11 a.m. to 3 p.m., reservations needed, officers' club Thanksgiving Buffet, 11:30 a.m. or 1:30 p.m., reservations needed, enlisted club Thanksgiving Turkey Shoot Golf Tournament, shotgun starts at 8 a.m., \$10 per person, Randolph Oaks Golf Course Thanksgiving Day Special open bowling, 1 to 9 p.m., \$1.50 per person, per game, bowling center Family Day Bowling Special, 1 to 8 p.m., bowling center
Wednesday	
Nov. 14	
Nov. 15	
Nov. 18, 19	
Nov. 19	
Nov. 20	
Nov. 21	
Nov. 22	
Nov. 25	
Nov. 27	
Nov. 28	
Airmen’s Dining Facility	
Building 860 — 652-5533 Recorded Menu 652-MEAL (6325)	
4:30 p.m. to 6:30 p.m. Dinner 7 p.m. to 8 p.m. Carry out	
Weekday meals: 5:45 a.m. to 7:45 a.m. Breakfast 10:30 a.m. to 1 p.m. Lunch	
Weekends and Holidays: 8 a.m. to 1 p.m. Brunch 4 p.m. to 6 p.m. Dinner No carry out	

Heart Link

FSC helps military spouses new to base with transition

By Jennifer Valentin
Wingspread staff writer

Becoming a military spouse and starting life over again at a new location can be a difficult transition. That is why the family support center offers the Heart Link program, a newcomers program for military spouses who have recently arrived to Randolph. “We recognize moving to a new base is

stressful,” said Charlotte Noll, family support center work-life specialist. “Attending Heart Link is a great way to get needed information and meet the staff that can help you through the transition.” The purpose of the Heart Link program is to provide valuable information about the military and Randolph through fun-filled interactive games, table-top shopping and short briefings from various family-oriented agencies on base, said Ms. Noll.

“Door prizes and lunch also add to the fun for the spouses,” she said. Free childcare is also available during the event, through the family day care program, she added. All spouses who have arrived to the base within the last six months are encouraged to attend, said Ms. Noll. However, spouses who have never attended are also invited, regardless of their arrival date. “This event is especially relevant to those

who are new to the military, but can be useful for those who are already familiar with the military,” said Ms. Noll. “Heart Link is also a great way for spouses to make new friends and renew old acquaintances.” The next Heart Link meeting is Nov. 20 from 9 a.m. to 2 p.m. at the family support center. Interested spouses must RSVP by Nov. 14. For more information on Heart Link or to register, call Ms. Noll at 652-5321.

Toastmasters offer tips to help get rid of presentation jitters

By Jennifer Valentin
Wingspread staff writer

Public speaking is the number one fear of many people — a fear ranking even higher than death, according to a recent article on CNN.com. Luckily, there is an organization here that wants to help men and women with this fear, and that organization is Toastmasters International. “Whether a person has to deliver a speech in front of a large crowd of strangers, a few co-workers, or at a small community gathering, Toastmasters can help,” said Maj. Bill Watson, Randolph Toastmasters Club vice president of public affairs. “We want to help those who are afraid of public speaking to conquer their fear as well as help those who are not afraid of public speaking to simply improve their methods.” Open to everyone over the age of 18, the Randolph Toastmasters Club strives to provide a supportive environment where goal-oriented people learn and practice communication and leadership skills, said the major. Each member has the opportunity to speak, evaluate other speakers, conduct meetings, and serve as club officers. “Public speaking can be a very challenging experience,” Major Watson said. “That’s why we want to help.” According to Toastmasters International, a little nervousness can help motivate a person and prepare them for a presentation. But, if sweaty palms and knocking knees

are part of a presenter’s jitters, then they need some help to relax. Toastmaster officials recommend speakers follow the Air Force Handbook 33-337, The Tongue and Quill’s, six basic steps for better communication. These steps are:

- 1) Analyze purpose and audience
- 2) Conduct research
- 3) Support your ideas
- 4) Get organized
- 5) Draft and edit
- 6) Fight for feedback

“These are six valuable steps that all speakers should keep in mind,” said Major Watson. Toastmaster officials also recommend some additional steps and tips to think about when preparing for a presentation. “When researching a topic, find out its significance and what the audience wants to know about it,” said Major Watson. “Also keep in mind when preparing for the speech that notes usually work better than an actual written speech during a presentation.” A speaker should also rehearse their presentation beforehand, the major said. “Ask a friend to listen while practicing,” said Major Watson. “They can offer tips and suggestions if needed.” Tape recording the speech beforehand, to review it is also a good preparation technique,” he said. Toastmaster officials also recommend speakers make

sure that any props or equipment that may be part of their presentation work before the presentation starts, at the speech location. This could save them from possible embarrassment later. “Another good way to ease tension before a speech is to exercise,” said Major Watson. “Before the presentation, it is a good idea to take a short, brisk walk and breathe deeply and slowly. Also, drink water before a presentation and avoid drinks with caffeine.” The major added that a presenter should always expect to do well, because no presentation can be perfect, and the audience is generally rooting for the presenter to do well, he said. However, the absolute best way to overcome presentation jitters is “to practice, practice, and practice,” he said. “Take every and any opportunity to speak.” Opportunities to speak in public are available at all types of places, especially at schools and churches, said the major. People who have a fear of presenting might also want to take a college or public speaking class or join an organization such as Toastmasters International, he added. People interested in the a Randolph Toastmasters Club are welcome to attend the clubs next meeting Wednesday at noon in the enlisted club’s tradition room. For more information on the Randolph Toastmasters Club, call Jan Waddy at 658-7668, or Major Watson at 652-3732.

Waist size reflects whole health

By Staff Sgt. Todd Lopez
Air Force Print News

WASHINGTON — The waist-measurement portion of the Air Force’s new fitness standard serves as a gauge for total health, said the Air Force chief of health promotion operations, Maj. Lisa Schmidt.

“The waist measurement is used to determine visceral or intra-abdominal fat,” the major said.

Air Force officials chose this measurement because there is ample evidence that links an increase in visceral fat with an increase in risk for disease.

“When we looked at developing health-based standards, we reviewed a lot of literature of the best ways to predict health risks for members, and abdominal circumference kept surfacing,” Major Schmidt said. “With more abdominal fat, you have more risk for diabetes, heart disease, stroke and some types of cancer.”

Agencies like the American Medical Association and the National Institute of Health have produced such studies, Schmidt said.

Individuals can perform the measurement on themselves by using a tape measure, she said. The measurement is taken with the tape wrapped around the abdomen above the right iliac crest, or right above the top of the right hip bone, while ensuring the loop created by the tape remains parallel to the floor. The measurement is taken the same way for both males and females.

Air Force officials use two tables for measuring waists, one for males and one for females, Major Schmidt said. There are no variations in regards to height or age.



One of the new three-pronged fitness standards being adopted by the Air Force is the waist measure. Taken with a tape wrapped around the abdomen, and placed midway between the bottom rib and top of the pelvic bone, the waist measure serves as a total-health gauge. The primary indicator being measured is visceral or intra-abdominal fat. The waist measure is independent of age or height. (Photo by Master Sgt. Jim Varhegyi)

“The risk for disease is independent of your height,” Major Schmidt said. “Other things considered, if you are 5 foot 2 inches tall or you are 6 foot 2 inches tall, your risk for disease is the same if you have a 40-inch waist. The same applies with your age. If you are 20 years old or 50 years old, the risk is the same based on waist measurements.”

Additionally, unlike other body parts, the size of the waist does not grow proportionally with height, the major said.

“As you get taller, it isn’t as if you grow

out as well,” Major Schmidt said. “It is not proportional growth. The area you are measuring does not include any bone.”

While there is no variance allowed for height when it comes to waist measurements, it is important to consider the fitness evaluation as a whole in regards to the total-fitness score, Schmidt said.

“When you look at the fitness score, it is a composite score,” Major Schmidt said. “If you have a 20-year-old and a 50-year-old, both with a 39-inch waist, they are going to

get the same points for abdominal circumference. However, that 20-year-old is going to have to run faster and do more crunches and more pushups to get the same composite score as the 50-year-old.”

For airmen who have measured their waists and determined they are not within an acceptable range, there is hope, she said. Visceral fat is generally the first to go when people begin an exercise program. While it may take several months of running, crunches and weight lifting to knock an inch or two off the waist circumference, that effort pays off in more than just the one or two points gained on the waist-measurement portion of the evaluation, the major said.

“A lot of airmen will look at the chart and say it is difficult to lose an inch in abdominal circumference, and that they only get a point for it,” Major Schmidt. “But if you are engaged in some kind of program to lose that inch and to gain that point, some aerobic and fitness program, then in the process of gaining that extra point for waist measure you will improve your performance on the running and strength portions. They are all interrelated. This is about total health.”

Airmen who look at the chart for the first time become fixated on the top numbers for their age group — those numbers needed to score a perfect 100 on the evaluation, Major Schmidt said. She said airmen should concentrate instead on getting a “good” or “excellent” fitness score.

The expectation is not for most airmen to achieve a perfect score. The expectation is for everyone to participate in a regular fitness program, which will result in improvements in overall fitness, she said.

AFPC scores every possession, beats 562nd

By Airman 1st Class
Chad Tarpley
12th Flying Training Wing Public Affairs

The Air Force Personnel Center defeated the 562nd Flying Training Squadron 40-0 in intramural flag football action here Tuesday.

“The 562nd team caught a lot of short passes, but we kept stopping them from getting into the end zone either by interceptions or tough defense by our end zone,” said Chuck Freeman, AFPC wide receiver and defensive safety.

Freeman caught two interceptions to help keep 562nd FTS scoreless. Ivan Vargas and Rene Alvarez also chipped in with a pick a piece.

Helping Freeman, Vargas and Alvarez keep their end zone

untouched were rushers Demarcus Young and Darin Brown who teamed up to sack the Quarterback five times.

“Young and Brown did an outstanding job rushing the QB,” said Freeman. “Their pressure on him led us into easy interceptions.”

On the offensive end, AFPC scored every time they got a hold of the football.

“Our QB Richard Thompson found the open man all day,” said Freeman. “It seemed like he just couldn’t miss his target.”

Verdie Myers and Freeman both scored twice on passes from Thompson and Ruben Rodriquez and Vargas reached the end zone.

AFPC will take this win with them into the playoffs which will begin Wednesday.



The Air Force Personnel Center intramural flag football team huddles up after stopping the 562nd Flying Training Squadron from scoring in the first half. (Photo by Airman 1st Class Chad Tarpley)

Sports Briefs

Two-mile Combat Fitness Run set

A two-mile Combat Fitness Run is scheduled for Nov. 19 at 7 a.m. Participants jog in formation along a two-mile course around the base.

To sign up, call your unit sports representative or the fitness center at 652-4311.

Back school set for Nov. 18

The physical therapist offers a back school to prevent further back injuries and ease problems with chronic back pain Nov. 18 at 1:30 p.m.

To enroll or for more information, call physical therapy at 652-3137.

Weigh to Win class available

The health and wellness center offers a weigh to win class to help people learn how to get and keep their body healthy and lose weight by changing eating habits, making lifestyle changes and getting fit. The next class is Thursday at noon.

For more information or to sign up, call 652-2300.

Nutrition for Everyday Living class set

The next Nutrition for Everyday Living class, designed to help attendees learn how to make healthier food choices, is Nov. 24 at 10:30 a.m.

For more information or to sign up, please call 652-2300.

Chun do Kawn class available

Chung do Kawn classes are offered for \$30 per month, for up to five classes per week. Classes are held at the fitness center, Monday through Thursday from 7 to 8:15 p.m. and Saturday from 10 to 11:30 a.m. for anyone over 12 years old.

Those interested in enrolling may do so after first observing a class. Master Stephen Glass, a sixth-degree black belt, teaches the class.

Relaxation room available

To make an appointment to use the relaxation room, call the health and wellness center at 652-2300.